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FOUNDATION WORKSHOPS & SERVICES

MAGIC MINDS FOUNDATION WORKSHOPS & SERVICES

1. Mind Movement and Mindfulness
2. Everyone can meditate
3. Be your own hero
4. Clarity and success
5. Motivational Keynote Speaking
6. Holistic Trader

Matt Burke

Please allow me to introduce myself. My name is Matt Burke I am the Founder of the Magic Minds Foundation and Magic Minds Podcast "Stories that have the Power to Inspire". As we are all aware the last few years has had, and continues to have, negative effects on the health and wellbeing of staff, employees and students. With increasing fear, stress, anxiety, absenteeism, presenteeism and mental health problems, who knows what the long-term impact will be, but I know we can change it together. My aim is to inspire, empower, e ncourage and help participants of all ages to acquire the skills, knowledge, and confidence to improve their own mental and physical Health and well-being through my workshops and services.

My background and qualifications are, Sports science and Health, transformational Leadership, training facilitation and design or training programmes, qualifications in fitness/Leisure management, mindfulness and meditation as well as mental health train the trainer with HSE. I also have over a decade experience working in neurorehabilitation supporting adults with acquired brain injury. I draw on these qualifications, as well as my own personal journey from a childhood trauma, failure, crippling anxiety, and depression, to returning to education, increasing confidence, overcoming my greatest fears, and building a successful career while inspiring my community while both designing and delivering health and wellbeing workshops nationwide.

I am the author of my own book "My head to my heart", creator of several successful workshops and accomplished key note speaker. Over the last year I have successfully facilitated my workshop to thirty different organisations, schools and colleges nationwide.

The workshops I design and facilitate are a combination of my education/ training qualifications and my own lived experience. I am living proof that they work and that people have the power to build the future they desire My previous work with Permanent TSB, Pearse college, Kingswood Community College, Warrenmount Presentation school and many more were a huge success. The positive feedback and the personal thank you messages from staff were amazing.

1 THE 3 M'S WORKSHOP PACKAGE MIND MOVEMENT & MINDFULNESS

It includes;

- An introductory presentation on positive mental health & wellbeing
- Supporting educational material on the science and benefits of 'mind, movement and mindfulness' delivered in an age appropriate and engaging manner
- Simple and effective tips and strategies to help introduce the 3 M's into everyday life
- physical movement including fun games
- Sound healing
- Guided visualisation meditation session
- Introduction to the 'power of creativity and journaling'

All our workshops are educational with a focus on experiential learning and most of all – Fun!

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2 EVERYONE CAN MEDITATE WORKSHOP

Educational, practical and fun session which includes;

- Introduction to mindfulness/meditation and varies styles
- The science and benefits behind mindfulness and meditation
- Simple and practical tips to introduce mindfulness and meditation into your life
- Sound healing
- Guided meditations
- Power of visualisation

3 BE YOUR OWN HERO WORKSHOP

Educational Practical and Fun Session

- Leadership
- Resilience
- ABC- Attitude, Beliefs & Continues Personal Development (Superhero training)
- Guided Meditation
- Sound Healing

4 CLARITY & SUCCESS WORKSHOP

Educational, Practical and Fun Session

- Creating the right environment for clarity & Success
- My success Formula & Hot Sauce
- 4 steps to success using my formula
- Goal setting & daring greatly
- Visualization & Meditation

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SCIENCE & BENEFIT OF WORKSHOPS FOR CLIENTS

Gives Participants the tools to;

- Reduce their levels of stress and anxiety
- Build a resilient mindset
- Improve their Mental & Emotional Well-being
- Reduce symptoms of depression
- Improve emotional intelligence
- Improve relationship with self and others
- Improve emotion and mood regulation

In addition, practicing the 3M's will help clients in terms of;

- Increasing feelings of social connection
- Promoting the importance of play, fun and laughter
- Promoting positive body image
- Promoting peace and calm
- Promoting self-compassion

OTHER SERVICES AVAILABLE

1. **Motivational Keynote Speaking**
2. **One to one mind set coaching.**
3. **One to one Reiki Healing Sessions**
4. **Group Meditation and sound healing sessions**
5. **Holistic Trader Crystal Jewellery and Healing Products**

DURATION

1/2/3 Hour session available

EXCHANGE

TBC – Based on variables

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Client Reviews

Having attended a workshop delivered by Matt to Guidance Counsellors, I was so blown away by his gritty humorous honesty, his true compassion, kindness and mindfulness for people, that, I requested him to present to our tutors in DDLETB Adult Education Service. Matts' infectious delivery is one of authenticity, prepared with thought, care and skilfully directed at his target audience, under the guise of a truly memorable experience.
Caroline Duffy Adult Guidance – Co-ordinator, Tallaght Adult Education Service (South West) Dublin

I highly recommend the Everyone can Meditate workshop. Matt was engaging from start to finish and grabbed us into the present the moment the workshop kicked off. The workshop did exactly what it said on the tin, taught me to meditate in a simple way that suits me and my time and that's exactly what I've been applying in my life every day since!

Matt's personality and humour bring a friendliness, warmth and ease into his workshop delivery. Practical examples and live sample applications really help to understand just how easy the practice of meditation can be and just how relaxing and enjoyable too!

I would highly recommend the Everyone can Meditate' workshop to anyone who wants and needs to introduce practical relaxing and stress reducing tools into their everyday lives, it has really helped me engage in the practice and I'm only sorry I didn't practice meditation sooner!
Staff Member – Permanent TSB

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Some of Magic Minds Clients

Much Metta
Matt Burke

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087 985 8999
Matt@magicminds.ie
magicminds.ie